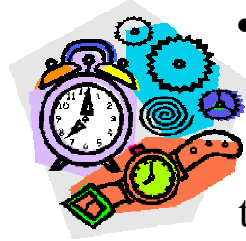
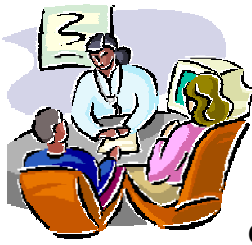


## Your Provider and You

Do you have a good relationship with your health care provider? Here are some tips to help you the next time you need to see him:



- Make an appointment.
- Be there on time. This helps your provider give you the very best care. It also shows him you care about getting better.
- Write down any questions you want to ask. Bring them with you to your appointment.
- Tell your provider how you are feeling. Tell her everything. Even the smallest bit of information can be important.



- If you don't understand what you need to do to get better, ask questions. Ask

your provider to repeat anything that is confusing.

- If your provider prescribes medicine, follow the directions on the label.

Having only **one provider** is known as a “medical home.” You get better health care from a medical home because your provider knows your medical history.

Build a good relationship with your provider to help you stay healthy!



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